



## Fitness Motivation Monitor

Fitness Information and Inspiration

No guilt. No grief. Just results!

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*Achieving Physical Wealth  
A New Book by Heather!*



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How Many Mornings Do  
You Wake Up and Say  
to Yourself,

**"I have got to start**

### 15 Tips For Minimizing Stress

While stress (the type that spurs us on to complete projects and motivate us to the finish line) is a natural and often beneficial part of our lives, we can learn to minimize small day-to-day stresses that can create major frustrations in our lives. Recreational therapist, Cathy Allen, CTRS, says that too much stress can be harmful, making you sick and irrational (no, not me!).

In my coaching practice, I see that even though exercise can help reduce and manage stress, stress is often an inhibitor to actually doing the exercise. In an interview, Ms. Allen shares 15 tips for minimizing stress (including, of course, exercise!):

1. **Wake up fifteen minutes earlier** in the morning to avoid running late throughout your day.
2. Practice **preventive maintenance** on your car, appliances, and home (things seem to "fall apart" at the worst time).
3. Be prepared to wait: a magazine or book can make a wait in a line or at the doctor's office tolerable and almost pleasant.
4. **Prepare and plan ahead** : fill the gas tank before it nears empty, and buy postage stamps before you are running low.
5. Count your blessings: for every one thing that goes wrong, there are probably **ten blessings**.
6. Say "No!" to extra projects, social activities, and invitations you know you don't have the time or energy for.
7. Surround yourself with non-worriers: when you associate with chronic worrywarts you too will worry more frequently.
8. Be body wise: eat a well balanced diet, **exercise**, and get enough sleep.
9. Discussing your problems with a trusted friend or family member can help clear your mind of confusion.
10. Do something kind and helpful for somebody else.
11. **Eliminate destructive self-talk** , such as "I'm too old to . . ." "I'm too tired to . . ." etc.
12. Use your weekend for a change of pace. If your workweek is slow and patterned, add action and spontaneity into your weekends. If your workweek is fast-paced and full of people and deadlines, seek peace and solitude during your days off.
13. Everyday **allow yourself "free" time** for privacy, quiet, leisure, and relaxation.
14. Remember to **take your lunch break**. Get away from your desk or workspace even if it's for 15 or 20 minutes.
15. Be optimistic – hold a forgiving view of events and people. Accept that we live in an imperfect world and that most people are doing the best they can.

(Cathy Allen is a Certified Therapeutic Recreation Specialist, Consultant and Educator working with adults, elderly, and psychiatric individuals. She has written articles and two books pertaining to activities and dementia training. She can be reached at 714-376-6169.)

### exercising; I've just got to get into shape!"?

We can help. Call (877) 348-2100 today for a Custom Fit Coaching Program.

Could your family and friends use some fitness tips and strategies? Refer them to *The Fitness Motivation Monitor*. Don't let them miss the next issue! Have them [Email](#) or [visit our site](#) to sign up today!

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## Message From The President

While we are talking about minimizing stress this month, it reminds me that the holidays are soon approaching, some of which begin this month. Many of the tips in our feature article can carry over to the holiday season.



One tip that I find universally helpful, and that can be challenging to apply, is that of saying "no." The holidays naturally add more to our schedule: religious celebrations, family and social gatherings, and, of course, shopping. Being particularly aware of what we commit our time to will help us to spend our time exactly as we want, and to stay out of the fray of the hectic holiday rush.

Taking a few minutes of "me" time each day (a client calls it PDT – personal down time) can keep you centered and in touch with what you need, feel, and want. When you are more in touch, you will be more apt to say "no" when you need to. You will also know when you are truly able to say "yes" and feel good about the commitment.

Imagine your ideal holiday season. That is my wish for you. Enjoy!

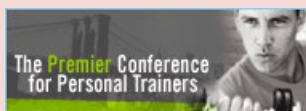
In health,  
Heather Moreno

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## Upcoming Events and Appearances

October 5-7

IDEA Personal Trainer Conference NYC



Heather has been selected to present at IDEA Personal Trainer in NYC October 5-7, 2006.

Look for upcoming newsletter articles that will share the concepts she is presenting on such as compliance programing (fitness phone coaching) and intuitive eating.

## Exercise and Pregnancy Part Two: Postpartum Exercise

Last month we discussed the benefits and guidelines for exercise before and during pregnancy. Your exercise program after giving birth is just as important. As always, discuss with your doctor what kind of exercise you can perform and at what time after delivering.

Although you will likely have to wait some time after giving birth to resume exercise, when you are allowed, get into a routine as soon as possible. Not only is exercise going to help you lose your pregnancy weight and get your body back to normal, it is also essential for your mental health. You will be experiencing new kinds of stress with the new baby. One of the most important benefits from exercise will be a reduction in stress as well as reducing the chances of developing postpartum depression. Exercise will give you more energy, which you will need, and help you recover faster and heal from giving birth.

Many options are available for starting exercise. Remember to build up gradually and do not expect to be at the same level you were before pregnancy. If you were running, you will need to start walking and work your way back to jogging and then running. Good cardiovascular options include swimming, aqua aerobics, cycling, and low impact aerobics. Yoga and/or pilates are good choices for increasing abdominal and back strength. A well-designed strength training program will go a long way in getting your muscle tone and strength back.

While it is easy to want to exercise again (and have the best intentions), putting it into action can be difficult with a

new baby and little sleep. Here are some ideas to help you stick with it so you will reap the benefits:

- Avoid the "all-or-nothing" mentality. Be flexible with your routine and know that some days you may not get in your exercise time.
- Find a health club with child care or that allows you to bring the baby while you exercise.
- Let your husband have some bonding time with the baby and give you a break to exercise.
- Take exercise classes that include your baby, or exercise with the baby in a stroller.
- Remember that even five minutes of exercise is beneficial!

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### The Great Pumpkin Pie Recipe

Summer's heat is slowly fading and autumn is just over the horizon. Cooler temperatures, the approaching holidays, and the lovely colors of fall will all add a big boost to your mood and your food! Autumn provides many tasty fruits and veggies such as pumpkin and squash. It just isn't autumn without pumpkin pie, and it's one of your best sources for beta-carotene, fiber, and iron, packing a mere 80 calories per cup! This recipe is low in fat so it's not scary....

Makes: one (9-inch) pie / 8 servings

#### Ingredients:

1/2 (15-ounce) package refrigerated pie crust  
1 (15-ounce) can pumpkin  
3/4 cup SPLENDA® No Calorie Sweetener, Granular  
1/3 cup brown sugar  
2 teaspoons ground cinnamon  
2 teaspoons ground ginger  
1/2 teaspoon salt  
1/8 teaspoon ground cloves  
3/4 cup half-and-half  
3 large eggs, lightly beaten  
1 teaspoon vanilla extract

PREHEAT oven to 375 °F.

UNFOLD piecrust; press out fold lines. Fit piecrust into a 9-inch pie plate according to package directions; fold edges under and crimp.

STIR together pumpkin and next 7 ingredients until blended. Add eggs and vanilla, stirring until blended. Pour filling into piecrust.

BAKE for 50 to 60 minutes or until set in the center. Cool completely on a wire rack.

**About The Author:** Susan Johnson is the founder of Susan's Healthy Gourmet, which provides fresh, nutritionally balanced, and calorie-controlled meals that are individually prepared and packaged to order. To learn more you can call 1.888.396.3257 (EZ-MEALS) or visit them on the Web at [www.susanshealthygourmet.com](http://www.susanshealthygourmet.com). You can also register for Susan's the popular online monthly newsletter, [Susan's Healthy Lifestyle](http://www.susanshealthygourmet.com/newsletter/default.asp), at <http://www.susanshealthygourmet.com/newsletter/default.asp>

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